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USLIM US816-CW

USLIM X-Bike 816 Indoor Exercise Bike User Manual

Model: US816-CW

1. Important Safety Information

Before operating the USLIM X-Bike 816, please read and understand all instructions in this manual. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum weight capacity of 260 lbs (118 kg).
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. Package Contents

The USLIM X-Bike 816 package includes the following components:

- Main Exercise Bike Frame (70% pre-assembled)
- LCD Monitor
- Seat and Backrest
- Pedals
- Stabilizers
- Product Manuals
- Installation Tools



Image: Components of the USLIM X-Bike 816, including the main frame, monitor, seat, and pedals, indicating 70% pre-assembly.

3. Assembly Instructions

The USLIM X-Bike 816 is 70% pre-assembled to simplify setup. Complete assembly typically takes less than one hour.

1. **Unpack Components:** Carefully remove all parts from the packaging and verify against the package contents list.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools.
3. **Install Pedals:** Attach the left and right pedals to the crank arms. Note that the left pedal tightens counter-clockwise.
4. **Mount Seat and Backrest:** Slide the seat post into the frame and secure it at the desired height. Attach the backrest to the seat.
5. **Connect Monitor:** Attach the LCD monitor to the handlebar post and connect any necessary sensor cables.
6. **Final Check:** Ensure all bolts are tightened and the bike is stable before first use.

4. Operating Instructions

4.1 Resistance Adjustment

The X-Bike 816 features a 16-level magnetic resistance system. To adjust the resistance:

- Locate the resistance knob on the front post of the bike.
- Turn the knob clockwise to increase resistance (levels 1-16).
- Turn the knob counter-clockwise to decrease resistance.
- The magnetic system ensures smooth and quiet transitions between resistance levels.



Image: Close-up of the 16-level resistance knob, showing different intensity zones from easy stroll to intense resistance.

4.2 Console Usage

The LCD monitor displays key workout data. It features an auto-start/stop function.

- **Display Metrics:** The monitor shows Time, Distance, Speed, Calories burned, and Pulse (if hand sensors are used).
- **Auto Start/Stop:** The monitor automatically activates when you begin pedaling and pauses when you stop.
- **Mode Button:** Press the mode button to cycle through the display metrics or to reset values.

- **Media Tray:** An elevated media tray is provided to hold your device while exercising.



Image: The exercise bike's LCD monitor showing various fitness metrics and an integrated media tray.

4.3 Seat and Stabilizer Adjustments

Proper adjustment ensures comfort and stability during your workout.

- **Seat Height:** The seat offers five height adjustments, accommodating users from 5'0" to 6'1". Adjust the seat to a height where your leg has a slight bend at the knee when the pedal is at its lowest point.
- **Stabilizer Calibration:** The bike includes 6-position stabilizer calibration on the base to compensate for uneven floor surfaces and prevent wobbling. Adjust each stabilizer foot until the bike is level and stable.

5. Product Features

The USLIM X-Bike 816 is designed for effective and convenient home workouts.

- **Magnetic Resistance:** 16 levels of silent magnetic resistance provide a smooth and quiet workout experience (below

20dB).

- **Foldable Design:** The bike features a lightweight, foldable design for easy storage in small spaces.
- **Sturdy Construction:** Built with reinforced high-strength steel and a double-triangle frame, supporting up to 260 lbs.
- **Comfortable Seating:** Ergonomic seat with high resiliency for extended workout comfort.
- **Data Monitoring:** LCD display tracks time, distance, speed, calories, and pulse.
- **5.5 LBS Flywheel:** A 5.5-pound flywheel contributes to smooth operation and consistent resistance.



Image: The portable and foldable design of the exercise bike, showing its compact storage mode and adjustable seat.



Image: Internal view of the frictionless magnetic resistance system, illustrating its quiet and smooth operation.

6. Maintenance

Regular maintenance helps ensure the longevity and safe operation of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts and connections to ensure they are tight. Tighten any loose components.
- **Storage:** When not in use, fold the bike and store it in a dry, cool place away from direct sunlight.
- **Lubrication:** The magnetic resistance system is generally maintenance-free and does not require lubrication.

7. Troubleshooting

If you encounter any issues with your USLIM X-Bike 816, refer to the following common solutions:

- **Bike is Wobbly:** Adjust the 6-position stabilizer feet on the base of the bike to level it on uneven surfaces.
- **Resistance Not Changing:** Ensure the resistance knob is properly engaged and turning freely. Check for any obstructions.
- **Monitor Not Displaying:** Check the battery in the LCD monitor. Ensure all sensor cables are securely connected.
- **Unusual Noises:** Inspect all moving parts for loose connections or foreign objects. Tighten any loose bolts.

For issues not covered here, please contact customer support.

8. Specifications

Feature	Detail
Brand	USLIM
Model Number	US816-CW

Resistance Mechanism	Magnetic
Number of Resistance Levels	16
Flywheel Weight	5.5 Pounds
Maximum Weight Recommendation	260 Pounds
Item Weight	31 Pounds
Product Dimensions (D x W x H)	32" x 16" x 47"
Adjustable Seat Height	For users 5'0" to 6'1"
Drive System	Belt
Special Features	Quiet Operation, Lightweight, Foldable, Adjustable Seat



Image: Detailed dimensions of the USLIM X-Bike 816, illustrating its size and user height range.

9. Warranty and Support

The USLIM X-Bike 816 comes with a 12-month warranty from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use.
For customer service, technical support, or warranty claims, please contact USLIM support:

- **Phone:** 1-909-905-5221 (US)
- **Hours:** Monday - Friday, 9am - 5pm (PST)
- **Email:** sp-gtamz@outlook.com

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